

FAMILY MEDICINE

- **Two-time winner:**
PARO Residency Program
Excellence Award
- **Two-time winner:**
Society of Rural Physicians
of Canada Keith Award



**Train at Queen's.
Work Anywhere.**

OUR VISION

Leading family medicine through education, research, advocacy, and socially accountable practices.

OUR MISSION

Preparing tomorrow's family physicians to provide exemplary, comprehensive care for all, within the diverse communities they serve.

OUR VALUES

Respect. Leadership.
Inquisitiveness. Equity.
Diversity. Compassion.
Collaboration.
Accountability.

OUR STRATEGIC PRIORITIES

P5

Take advantage of technological opportunities emerging for the DFM and within family medicine.

Advance family medicine education and family medicine research.

P1

Strengthen and build upon connections and partnerships in and with communities.

P2

Incorporate social accountability and health equity throughout our work.

P3

Cultivate a supportive, communicative workplace culture to create a healthy work environment with effective structures throughout the department.

P4



Message from the Program Director

Dr. Brent D. Wolfrom

**At Queen's,
we are
blessed
to have
phenomenal
people. Our
faculty is
exceptionally
dedicated to
our program
and, more
specifically, to
our residents.**

Welcome to Queen's Family Medicine, and thanks for taking the time to learn more about our award-winning program.

For many years, we have proudly affirmed our motto: Train at Queen's. Work Anywhere. This is as true today as it has ever been.

Our four sites have access to more than 85 training locations spanning across Southern Ontario, and reaches as far north as James Bay and as far south as the Falkland Islands in the South Atlantic. Such diversity in training locations allows each resident to customize their clinical experiences to not only attain general competency, but to meet their own unique needs for specific or focused skills required for their anticipated practice community.

We recognize that each resident has their own learning needs, and therefore benefits from customized clinical experiences and scheduling to achieve those objectives — this within the context of every graduate requiring competency in all family medicine realms.

With all these choices, and to help guide our residents through their postgraduate journey, each resident is also assigned an academic advisor who will meet with them at least three times annually to review progress, needs, plans, and wellness.

No doubt this adaptive and comprehensive programming is a major factor in our program twice earning the Society of Rural

Physicians of Canada's annual Keith Award, which recognizes excellence in producing rural doctors.

As a very early adopter of the CFPC Triple C curriculum, Queen's Family Medicine has 10 years' experience in Competency Based Medical Education (CBME). More recently, the remainder of the postgraduate medical training programs at Queen's have moved to a CBME model as well, meaning that whether your preceptor is a family physician or from another specialty, they will have experience and expertise in CBME.

Perhaps one of our more unique strengths is a solid dedication to program improvement. Our robust, multi-layered program evaluation and quality-improvement process continually informs adaptation and innovation of our curriculum, clinical experiences, assessment, and wellness approaches.

I have now mentioned wellness a couple of times, and should highlight some of the initiatives we have undertaken in this area. Our Resident Wellness and Resilience sub-committee, composed of residents from each of our sites and our enhanced skills programs, faculty members, and our department's social workers, reports directly to the program leadership. This committee has been empowered to undertake both routine preventive and reactionary initiatives, all with a wellness and resilience focus. Examples range from regular resident-only support rounds (known as "ice cream

rounds”) to group yoga memberships, to virtual dinner and social events when strict physical distancing is required.

All that being said, any program is only as good as its faculty and residents, and at Queen’s we are blessed to have phenomenal people. Our faculty is exceptionally dedicated to our program and, more specifically, to our residents.

Ultimately, though, it is our residents who are our single-greatest strength. Resident-driven initiatives such as our Nightmares course, POCUS, UGME teaching and mentoring, and many others have allowed our program to evolve and continuously improve. Many resident leadership roles exist within the program, spanning all sites. Importantly, these leadership roles are tied to actual influence over changes and improvements within the program.

It is resident voices that have resulted in Queen’s Family Medicine twice earning the Professional Association of Residents of Ontario (PARO) Residency Program Excellence Award, making us the only program to win this provincial recognition more than once.

Further, we are the only family medicine program in the province to receive this award in its 15-year history.

In addition to our two wins, we have been nominated for this award in five other years, from 2012 to 2020 inclusive, and our Belleville-Quinte program received a nomination in 2014.

I hope this gives you a sense of our program, our culture, and our priorities.

Best of luck during CaRMS, and I hope to meet you in person.

Dr. Brent D. Wolfrom, Program Director
Queen’s Family Medicine



So now that you know a little about us and our culture, here is what we are looking for in our residents:

1. Motivated, self-directed, and professional future generalists.
2. People who are reflective, focused on continual improvement, and open to feedback.
3. Engagement. We are what we are because of our residents.
4. Humble confidence. Our specialty requires both these attributes.
5. Team players. While this sounds obvious, the importance during residency can’t be overstated.



Message from the Program Chief

Dr. Ben Moreau

**I believe
Queen's
Family
Medicine's
most valuable
asset is the
priority
placed on
residents'
well-being.**

Welcome to CaRMS 2021! As lead resident for Queen's Family Medicine, it is my hope that this brochure gives you a glimpse of what Queen's Family Medicine is all about. Most importantly, I hope it engages you and makes you dig a little deeper into our program. Ask questions!

Every family medicine program will offer good training, but each will have unique aspects that will separate the good from the great.

The most important part of CaRMS is finding the right program for you. The best choice for you will ultimately be the one that feels right. Without getting to meet in person and experience the proverbial "good vibes" of a place — as I did when I interviewed at Queen's during CaRMS after completing my medical training at NOSM in Thunder Bay — this is difficult. So, I will try to explain the indescribable aspects that separated Queen's from the rest, for me.

Queen's provided the opportunity to learn in an environment that promoted diversity and growth into a well-rounded physician. The atmosphere the preceptors and residents created was relaxed and welcoming, with a strong flavour of professionalism. Coming from the North with plans to practise general medicine, this spoke to me. Now, with a year under my belt, I can gladly confirm my first impressions of the program: Queen's is as advertised.

One thing residency at Queen's is not, is easy. However, I don't believe residency should be easy. It is a time when we should be challenged, struggle, and, at times, fail. Queen's offers the opportunity to be pushed outside of your comfort zone in a learning environment that fosters academic, professional, and personal growth.

Queen's Family Medicine residents are welcomed and continuously perceived as well-respected team members, within both the family medicine and specialist communities, upholding an established reputation as hardworking and competent physicians.

I believe Queen's Family Medicine's most valuable asset is the priority placed on residents' well-being. Working side by side with preceptors and faculty as program lead, I am continually humbled by the level of resources and thought placed on resident health. This, combined with fantastic para-professional staff and a welcoming environment, makes Queen's a fantastic place to grow for two years.

I sincerely hope Queen's finds the top of your list. Do your research into the programs and ask questions, especially in a virtual CaRMs. Above all, please enjoy the CaRMs experience. Yes, it is stressful, but a monumental accomplishment that you should savour. Best of luck with the match!

Dr. Ben Moreau, 2020-2021 Program Chief
Queen's Family Medicine

A group of young people, likely students, are gathered outdoors at what appears to be a social event or conference. In the foreground, a young man in a plaid shirt and glasses is smiling and talking to a young woman in a red sweater and glasses who is also smiling. To her right, another young man in a blue vest and glasses is looking towards her. In the background, other people are visible, and several colorful balloons (blue, red, yellow) are floating. The scene is bright and festive.

Winner of the
**PARO Residency
Program Excellence
Award – Twice!**

**“As a group of highly satisfied Queen’s Family
Medicine residents, we are biased, but we recommend
Queen’s Family Medicine for the PARO Residency
Program Excellence Award with utmost sincerity and
wholehearted conviction of its merit.”**

Train at Queen’s. Work Anywhere.



... and the *only* family medicine program to receive this award!

Queen's Family Medicine has twice earned the Professional Association of Residents of Ontario (PARO) Residency Program Excellence Award, making us the only program to win this prestigious recognition more than once. Further, we are the only family medicine program in the province to receive this award in its 15-year history.

In addition to our two wins, we have been nominated in five other years, from 2012 to 2020 inclusive, and our Belleville-Quinte program received a nomination in 2014.

“The family medicine program at Queen’s is a beautiful example of how to make a large program seem small and leave each resident with the impression that his or her education and success is important to the program.”

Here is a small sample of comments residents sent to PARO when they nominated us.

“The program’s responsiveness to residents’ needs is by far the greatest feature of the program. We have some of the most supportive and hard-working administrative staff that works with us to develop complex schedules that suit our needs as learners and as individuals.”

“The Queen’s Family Medicine residency program has an incredibly strong commitment to education. I have had contact with many preceptors, but my main preceptors over the past one-and-a-half years have been excellent mentors. They are enthusiastic about teaching, strictly adhere to the practice of evidence-based medicine, offer plenty of opportunity to perform procedures, demonstrate skilful doctor-patient relationships, and dedicate a significant amount of time to the supervision and teaching of residents.”

“The unique orientation block, “Boot Camp,” allows residents to both bond with co-residents and staff and develop as clinicians in a safe and supportive environment. Friendships that develop here become an integral part of each resident’s support system throughout residency.”

“When it is time to plan resident schedules for the upcoming year, the administration invites residents to outline special

requests that address personal and career needs. Whether you require rotations close to a specific location or specific rotations to fit with your career goals, our administrative team goes above and beyond to accommodate such requests.”

“The “wellness representatives” co-ordinate frequent “Ice Cream Rounds,” which provide a private forum where residents can share challenges and receive support from colleagues.”

“The Queen’s FM Nightmares course continues to pioneer the use of simulation in family medicine education. Residents participate in simulated acute medical and resuscitation cases where they get hands-on experiences leading resuscitations and practising team work in high-pressure scenarios.”

“The program faculty comprise a multitude of alumni, which speaks to the consistent standard of excellence the program has upheld over the years. The academic curriculum is comprehensive while also targeted in meeting resident-identified needs. The learning environments are supportive, and the degree of collegiality and comradery among residents and staff alike is unparalleled. Opportunities for research abound, and research is both required and celebrated. Finally, despite being a distributed program with four academic sites, the program offers each and every resident the same high standard of medical education.”



Kingston- 1000 Islands (KTI)

At KTI, you will be surrounded by a supportive team and have all the training opportunities you need to become a competent family physician — just ask our amazing residents.

**Train at Queen's.
Work Anywhere.**

Kingston-1000 Islands



The Kingston-1000 Islands (KTI) site of Queen's Family Medicine offers an exceptional residency training experience.

We are the largest single-site program in the country, with incredibly engaged residents and a small-program feel.

Kingston is ideally located in beautiful southeastern Ontario, and is consistently ranked as one of the best places to live in Canada. My family and I have lived here for 10 years now, and we continue to be amazed by this city and love exploring the surrounding region.

KTI offers an excellent combination of urban and rural learning environments with award-winning preceptors. Our supportive education team aims to provide you with the best training opportunities possible and an individualized approach to your residency. Our military and public health streams have been specifically designed around your unique training needs, and our enhanced skills program offers a diverse range of options for residents interested in additional training after completion of their core two-year residency program.

The KTI site is rotation-based with many built-in horizontal aspects. To help ease your transition into residency, we begin with one block of boot camp — an experience designed to introduce you to your home clinic at the Queen's Family Health Team (QFHT) in historic downtown Kingston, with participation in innovative simulation courses to help build your skills and confidence at the outset.

Residents spend six blocks of their first year at QFHT in three two-block rotations, returning to the same clinic, patients, and preceptors. This maximizes continuity of care and allows residents to gradually increase their patient care and practice-management responsibilities over time — a definite strength of our program. Residents leave QFHT feeling confident and ready for their additional six blocks in community family medicine in second year. Other blocks throughout our program include core off-service rotations and three electives.

At KTI, you will be surrounded by a supportive team and have all the training opportunities you need to become a competent family physician — just ask our amazing residents.

Best wishes on your CaRMS journey.

Dr. Kelly Howse
Kingston-1000 Islands Site Director

Just a few words...



"I have grown immensely as a physician over the past year at QFM. After training in a variety of communities, I truly believe that wherever I go after residency, be it academic, community, or rural, I will be ready. I feel that my preceptors genuinely want me to succeed, and provide the support for me to do so. The administrative team is a well-oiled machine. Hardworking and efficient, they are also always open and ready to help, and some of the nicest people you will ever meet!" *Dr. Maria Daniel, KTI PGY2*

"The most rewarding part of my job is not only getting to work with and learn from residents, but forming relationships and, often, friendships, with them. I view residents as my colleagues from day one, and it's an honour to be involved in their lives as they transition from medical student to practising physician."

Dr. Erin Beattie, Assistant Professor

"Queen's Family Medicine is exceptionally supportive of student initiatives. As I am interested in Point of Care Ultrasound (POCUS) education, Program Director Brent Wolfrom along with education committee and administrative staff members were crucial in assisting in the organization of a peer-to-peer resident training program and a faculty workshop in POCUS. When I was initially parsing the idea via survey, the faculty's response rate was excellent. Queen's Family Medicine is intimately invested in the department's continuous improvement, and is very supportive of resident initiatives in this regard; minimal red tape encountered!"

Dr. Wilson Lam, KTI graduate

Kingston-1000 Islands



“I am a nearly retired family doctor, and my past 10 years at the Queen’s Family Health Team have been the best, mostly because of the one-on-one teaching opportunities with residents in real-time patient clinics. I can easily see that each full-time faculty member has a strong desire to teach and empower residents to give their patients first-class care, and to develop the residents’ individual strengths.” *Dr. Richard Rowland, Assistant Professor*

“I could not have asked for more! The preceptors are super approachable and excellent teachers, and the administrative staff works extremely hard to meet your learning goals. Whether you want to work in a rural environment with a broad scope or in a large academic centre, QFM can tailor what you want and make it extremely easy for you. (The Nightmares course combined with rural electives allowed me to jump right into a rural practice.) QFM offers support beyond words. Faculty provides lots of mentorship, and the Resident Wellness and Resilience group offers many social activities. QFM is rated one of the best FM residency programs in the country for a reason. The motto “Train at Queen’s. Work Anywhere” could not be more true!”

Dr. Alistair MacDonald, KTI graduate

“Queen’s Family Medicine is about ‘broad scope of practice.’ Our vision is not about the family doctor working every day doing one type of family medicine. This breadth of practice could be procedural, urban, rural, alternative patient care settings, international, and essentially a vision of your own choosing.”

Dr. Ian Sempowski, Associate Professor

“I am proud to say that we’re training the next generation of health-quality and patient-safety leaders at Queen’s Family Medicine. Our resident QI training program is giving residents the confidence they need to improve the health care they deliver in all settings.” *Dr. Ant Train, Assistant Professor*



As a KTI PGY2 resident, Dr. Wilson Lam helped the emergency department at Picton’s Prince Edward County Memorial Hospital test new equipment for management of patients with COVID-19.

10 Reasons Residents Love our KTI Site

1. Living in Kingston:
 - Beautiful city with great waterfront and outdoor activities
 - Historic market square and vibrant restaurant scene
 - Close proximity to Toronto, Ottawa, and Montreal
 - Easy access to great destinations like Prince Edward County, Bon Echo, and North Frontenac Provincial Parks
2. Strong focus on resident wellness that promotes valuable support networks and lasting friendships between residents in the program.
3. Access to Queen’s Medical School, including state-of-the-art simulation labs and courses during boot camp and beyond, with ample medical student teaching opportunities.
4. Welcoming and enthusiastic staff at the Queen’s Family Health Team.
5. Curriculum structured to allow for flexibility and horizontal experiences.
6. Large resident cohort and interdisciplinary teams that promote lots of support and shared resources.
7. Strong emphasis on evidence-based medicine and ongoing excellent teaching.
8. Opportunities during both on- and off- service rotations to explore a full range of urban, rural, and remote training environments and practice styles.
9. Proximity to residents in other programs at Queen’s.
10. Military and public health curriculum tailored to residents’ unique needs.

Learn more!

[Watch our KTI site video](#)

[Read our KTI site brochure](#)

[Visit our website](#)

[What’s it like to live in Kingston?](#)

[Check out visitkingston.ca](#)

Public Health and Preventive Medicine



The Public Health and Preventive Medicine (PHPM) residency program at Queen's University trains

physicians to be innovative and highly competent practitioners in public health. The program provides comprehensive, high-quality education that prepares graduates to excel at the local, provincial, and national levels.

Our residents directly benefit from the opportunity to do their clinical training through the innovative and award-winning Queen's Family Medicine residency program.

Certification by both the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada broadens both personal and career opportunities, and the integration of a public health degree offered through the Queen's Department of Public Health Sciences makes our program a leader academically.

At Queen's PHPM, we work with our residents to develop individualized learning plans with a flexible curriculum catered to their individual needs, interests, and career aspirations.

Our annual case-based boot camp prepares PHPM residents to manage the initial phase of on-call issues

in a safe learning environment. By the end of the course, residents are equipped to select and apply appropriate frameworks and resource documents to manage typical on-call issues and more uncommon on-call emergencies.

As a Queen's PHPM resident, in addition to the research opportunities available to you during your academic year, you will also have access to nationally recognized research centres and programs throughout your residency, including the Queen's Department of Family Medicine's Centre for Studies in Primary Care, the Canadian Primary Care Sentinel Surveillance Network, the Canadian Institute for Military and Veteran Health Research, and KFL&A Public Health Informatics.

None of this would be possible without the program's outstanding preceptors and academic advisors who are willing to share their experience and knowledge with our residents. It is with their essential partnership that we can guide and support our PHPM residents as they continue to develop their professional practice.

Dr. Kieran Moore
PHPM Program Director
Medical Officer of Health and CEO,
KFL&A Public Health

Just a few words...



Flexibility, integration with family medicine, and a tight-knit group of residents — all strengths that make the program stand out!"
Dr. Max Boulet, PHPM PGY2 resident

"The Queen's PHPM program offered excellent preparation in the transition to practice process. I feel confident in rising up to any challenges throughout my career."
Dr. Hugh Guan, PHPM graduate

"The flexibility of the Queen's PHPM program allowed me to pursue my learning goals and enhanced my training."
Dr. Richard Mather, PHPM PGY5 resident

"Great flexibility to create your own residency plan. Numerous options for FM/PHPM rotations, ability to go abroad for your Master of Public Health."
Anonymous PHPM resident; 2020 boot camp survey

"Being a Queen's PHPM resident means being a part of a vibrant community of individuals where you will feel supported with all of your goals."
Anonymous PHPM resident; 2020 boot camp survey

"I enjoy working with Queen's PHPM residents because of their enthusiasm and willingness to learn, and because they bring a different perspective and lens to public health. They challenge me to look outside of the box, which I find refreshing."

Dr. Diane Lu
Section Head, Medical Epidemiologist,
Directorate of Force Health Protection
Department of National Defence /
Government of Canada

Public Health and Preventive Medicine



PHPM resident Dr. Max Boulet, left, chats with KTI site resident Dr. Nicolaus Weishaupt at Primary Care Research Day, an annual event of Queen's Family Medicine's Centre for Studies in Primary Care.

*Photo Tim Forbes/
Forbes Photographer*

“I love being involved with the QPHPM residents and playing a small role in engaging them in the broader world of health policy. Having residents partner in real-time in Ontario Health Team development, advising a university on COVID-19 management, developing a guidance document for the Council of Ontario Universities on COVID, and participating in a CIHR research program on supply chains have been recent examples of resident activity in health policy.”

*Dr. David Walker
Special Advisor to the Principal on COVID-19
Chair, Queen's Health Policy Council
Professor, Emergency Medicine, Family Medicine and Policy Studies, Queen's University
Consultant Staff, Kingston Health Sciences Centre*

Learn more!

[Read our PHPM program brochure](#)

[Visit our website](#)

[Watch our KTI site video](#)

[What's it like to live in Kingston?](#)

[Check out visitkingston.ca](#)

Military Applicants



Dr. Brent D. Wolfrom
Program and Military Director
Queen's Family Medicine

Queen's University is proud to offer members of the Canadian Armed Forces (CAF) a family medicine residency program that is unique in Canada, offering a variety of supplementary curriculum opportunities tailored to meet the needs of practice in military settings.

With CFB Kingston just across the causeway in our own city, and CFB Trenton just an hour's drive west, military residents who participate in our program feel right at home. (And, of course, our military residents love the elective opportunities available at both bases.)

We provide experiences that have been developed through our long history of training Medical Officer Training Program (MOTP) and Military Medical Training Program (MMTP) residents. Beyond that, Drs. Matt Simpson and (Military Program Director) Brent Wolfrom, who served in the CAF both domestically and overseas, bring their unique experiences and relationships with the CAF to the program. We also work in close collaboration with serving medical officers to adapt our curriculum.

Adapted experiences include:

- Expanded psychiatry/mental health experience in care of active military members and their families, and veterans
- Customized experience in trauma medicine
- Core exposure to orthopedics, sports medicine, ICU
- Resident project opportunities through the Canadian Institute for Military and Veteran Health Research at Queen's University



"When applying to CaRMS for residency, Queen's was by far the most welcoming for military residents. There are special rotations for us, and there is a great military community in Kingston. I felt like part of the program from the first moment I arrived. Throughout the interview day, the staff and residents were so happy and helpful. My interview was very natural. It honestly just felt like the perfect fit for me and I was right!"

*Military resident
Queen's Family Medicine
2020 Survey*

Read more about our family medicine residency program for CAF members, and a selection of quotes from a few of our graduates, in our [Military Residency Brochure](#).



Learn more!

[Watch our KTI site video](#)

[Read our KTI site brochure](#)

[Visit our website](#)

[What's it like to live in Kingston?](#)

[Check out visitkingston.ca](#)

A nighttime photograph of a bridge with a rainbow-colored LED light strip along its railing. In the background, a large, ornate clock tower with a flag on top is illuminated. To the left, a modern building with large glass windows is visible. The scene is reflected in the water below the bridge.

Belleville- Quinte (BQ)

Our residents live and work in our community, and are highly respected throughout the region for their skills, dedication, and professionalism.

**Train at Queen's.
Work Anywhere.**

Belleville-Quinte



Queen's Family Medicine's Belleville-Quinte (BQ) site offers an amazing, community-based program supported by dozens of highly engaged family medicine and Royal College preceptors.

Situated in Belleville, a small city of 60,000, we are abundant with resources yet still have a small-town feel. ER, hospitalist, and office-based care are exceptionally strong.

In addition, we are in a geographic area rich in hiking trails, waterfronts, and proximity to Sandbanks Provincial Park; and the arts, wine, and foodie culture of Prince Edward County.

The Belleville Queen's University Family Medicine Centre, along with the Belleville-Quinte Queen's Family Medicine residency program, are celebrating their 10-year anniversary in 2020. The centre is the primary of four teaching locations for the BQ residency program, which has a total of 18 full-time family physicians and approximately 50 community preceptors who help train our resident doctors.

Our community preceptors are funny and dynamic, with a great perspective on life and learning.

Our residents live and work in our community, and are highly respected throughout the region for their skills, dedication, and professionalism, and I couldn't be prouder to work with these young physicians-in-training. I think the fact so many trainees eventually set up practices in our area is further proof that they are excited to learn, and live, here.

We can't wait to show off what our small town has to offer, and are committed to making every resident the physician they hope to be.

Come join us in Belleville!

Dr. Nadia Knarr
Belleville-Quinte Site Director

Just a few words...



"I loved my experience as a Queen's Family Medicine resident. I couldn't have been happier with my choice. I had great preceptors and excellent administrative staff who supported me every step of the way, both personally and professionally. My preceptors were excellent role models of comprehensive family medicine care. They taught me how to be a compassionate, skilled, and efficient physician. Queen's is the leader in innovative family medicine curriculum and I think it's the best program in Canada. Choose Queen's; you won't regret it!"

Dr. Amy Kluffinger, BQ graduate

"This is a collegial environment that respected my autonomy as well as my ability to learn from experience. The program provided helpful info at every step of the way, and supports its residents with a tailored curriculum based on your experience. I got more of the experience I wanted for my area of future practice, rural medicine. My preceptors remain to me as mentors, colleagues, and friends that I continue to work with daily."

Dr. Nick Biasutti, BQ graduate

"The longitudinal program helped make my transition to independent practice very smooth, both in clinic and in the hospital. I was well supported in my work as a resident, as well as personally. Work-life balance and family are important to me, and these are values the program shared. I was treated like a colleague, which was one of the many reasons I chose to practise in Belleville at the Queen's Family Health Team after residency."

Dr. Brittany Dyer, BQ graduate

Belleville-Quinte

“Queen’s Family Medicine encourages learners to customize their educational experiences as much as possible to allow them to tailor their training to their needs and interests, and encourages dialogue with preceptors about clinical experiences. My preceptors felt like friends and have become great colleagues. If you are seeking a program to support you and prepare you for independent practice anywhere you would like to work, come to Queen’s; it’s a great program!” *Dr. Robin Morin, BQ graduate*

“We are proud both personally and professionally of our participation in training family doctors, with a high percentage of them remaining in the Belleville community and local area.” *Husband-and-wife team Dr. Patrick Esperanzate and Dr. Jenny Whelan, assistant professors (and the Belleville-Quinte site’s longest-serving physicians).*



BQ residents enjoy a ride through beautiful Prince Edward County

10 Reasons Residents Love our BQ Site

1. A unique horizontal curriculum makes you quickly feel like a “real” physician.
2. Learners are treated as valued colleagues throughout the community.
3. An outstanding learning environment, with the preceptors specifically chosen for their excellent teaching skills based on resident feedback.
4. Close to Ottawa and Toronto.... but not TOO close!
5. Dozens of BQ grads have stayed in surrounding areas, building a rich, young physician community. Lots of mentors who are early in practice and lots of practice opportunities.
6. Great group of residents who understand the balance of working and having fun! Favourite local restaurants include Toro Sushi, Chilangos, and The Brake Room.
7. If you like jogging trails, beaches, fresh air, kayaking, hiking, sailing, golfing, cycling, snowshoeing, cross-country skiing, and avoiding bumper-to-bumper traffic, then Belleville is a great place to live!
8. An excellent hospitalist program with family physicians at the heart of acute patient care including a regional stroke unit, rehab ward, newborn care, and complex dementia ward.
9. A new “train the trainer” POCUS program is in its second year.
10. Belleville residents rank at the top of the province in feeling prepared for their final qualifying exams.

Learn more!

[Watch our Belleville-Quinte site video](#)

[Read our BQ site brochure](#)

[Visit our website](#)

[Living and working in Belleville](#)

[Discover Belleville](#)



Peterborough- Kawartha (PK)

Our residents train at the state-of-the-art Peterborough Regional Health Centre and in community family physician practices within multidisciplinary family health teams.

**Train at Queen's.
Work Anywhere.**

Peterborough-Kawartha



Celebrating its 10-year anniversary in 2020, the Peterborough-Kawartha (PK) Queen's Family Medicine residency program is fortunate to have 22 family

physician preceptors and more than 50 specialist preceptors committed to teaching and supervising our resident doctors.

Our residents train at the state-of-the-art Peterborough Regional Health Centre and in community family physician practices within multidisciplinary family health teams. (The provincial government has recognized Peterborough as one of the most successful family health team sites in Ontario.)

In Peterborough, you will see patients with a diverse mix of ages and presenting problems, and you are guaranteed to see a high volume of patients in all services. Family medicine residents are valued and appreciated in Peterborough, and the feedback from patients, allied health professionals, family physicians, and specialist physicians is consistently excellent.

Situated on the historic Trent-Severn Waterway, Peterborough is a vibrant city of 84,000 that serves

as the gateway to cottage and lake country in the Kawarthas.

Our bountiful restaurant scene includes multicultural cuisine, fair trade coffee shops, and the distinctive café district. Our arts and culture community is renowned for events, exhibitions, and performances.

Surrounded by 135 lakes, outdoor options as well as urban amenities are at your doorstep year-round. In summer, cycle or hike the extensive local trail systems, or paddle along the Otonabee River or the Kawartha Highlands Provincial Park's spectacular chain of lakes. In winter, cross-country ski through Jackson Creek Park in the heart of the city or travel north to the Kawartha Nordic Ski Club for over 50 km of trails, and skaters can enjoy a magical experience gliding along the canal under the lights of the largest hydraulic lift lock in the world.

Our residents truly become an integral part of our community, and most of our graduates have gone on to live and work in our local area and become our valued colleagues and leaders.

Come learn with family doctors who are optimistic about the future of family medicine and see primary care renewal in action.

Dr. Kim Curtin
Peterborough-Kawartha Site Director

Just a few words...

"I am immensely proud of the quality of the teaching program we have developed and have been able to offer our residents over the last 10 years. This would not have been possible without the dedication and commitment to medical education of our local medical community, those in family medicine, and our specialist colleagues."
Dr. Sandy Khan, PK site curriculum lead

"It really is a joy to bear witness to residents' growth as astute and compassionate clinicians. I really enjoy mentoring former residents who now have thriving family practices of their own in the Peterborough Family Health Team, as well as those in whom I have helped spark the passion for family medicine obstetrics. These young colleagues are competent to practise anywhere, with highly developed team and community values. They truly elevate the profession of family doctoring."
Dr. Michelle Vilcini, lead preceptor for maternity and newborn care

"After spending two years in the Peterborough-Kawartha Family Medicine program through Queen's University, it was clear my wife, Dr. Becca Webster, and I were going to stay and practise in this community. "I feel as though this training program has been very effective in recruiting and retaining new physicians to Peterborough and the surrounding communities over the past decade."
Dr. Sachin Waghmare, PK graduate

Peterborough-Kawartha



PK residents celebrate their graduation in June 2020, physical-distance style, with the paddles they received as gifts.

“I am incredibly lucky to be a PGY1 in the Queen’s DFM PK residency program! Queen’s was my first choice, and it has lived up to all of my expectations, despite the hiccups of COVID.

“The program having just six residents per year allows for a great diversity of personalities and interests, while still providing a personalized learning experience. We have become a fast family and support system for each other. The staff is enthusiastic, and we are always the only learner working on the rotation.

“The PK area is a beautiful place to live. Moving here from BC, my partner and I have always loved being outdoors and we are able to continue to enjoy these activities here. We have taken advantage of the biking and running trails around the city, and have explored some beautiful hikes with my co-residents less than an hour out of town. Many of my co-residents and preceptors are avid canoers, and this is the perfect place for it. I have been promised some great cross-country skiing trails once the snow hits!

“We are incredibly happy here; I love our program and our people!”

Bre Cadham, PK PGY1

10 Reasons Residents Love our PK Site

- 1.** The people: You are surrounded by staff who are all genuinely interested in teaching and committed to your success.
- 2.** Small program: You get to know your co-residents, faculty, and preceptors. The group of Peterborough residents is famously tight-knit.
- 3.** Few learners: Few other learners on most rotations, creating a friendly learning environment with maximal opportunities for hands-on practice.
- 4.** Longitudinal family medicine: Longitudinal relationships with amazing preceptors and patients, which allows you to build independence and confidence over time, and practise continuity of care.
- 5.** Specialty rotations: Specialty rotations are specifically designed for their relevance to family medicine.
- 6.** Involvement in teaching: You have ample opportunity to contribute to, organize, and lead teaching sessions for your cohort.
- 7.** State-of-the-art hospital: A beautiful new hospital with a busy ER, timely access to most specialty services, and weekly grand rounds.
- 8.** Community activities: Plenty of outdoor activities and events, community sports teams, art, music, and a year-round farmers market.
- 9.** Work-life balance: Call duties are very manageable with minimal overnight call, to maximize daytime learning and encourage healthy work-life balance.
- 10.** Minimal travel: Most clinical duties are within a one- to two-km radius, making it easy to walk or bike to most places. You are also out of town for rotations for only three to four blocks over the two years, so you feel rooted in the community.

Learn more!


[Watch our PK site video](#)

[Read our PK site brochure](#)

[Visit our website](#)

[Living and working in Peterborough](#)

[Check out thekawarthas.ca](#)



Bowmanville-Oshawa-Lakeridge (QBOL)

Sitting at the eastern edge of the Greater Toronto Area, the QBOL site has flourished since going live in 2012.

**Train at Queen's.
Work Anywhere.**

Bowmanville-Oshawa-Lakeridge



Sitting at the eastern edge of the Greater Toronto Area, the Queen's Family Medicine Bowmanville-

Oshawa-Lakeridge (QBOL) site has flourished since going live in 2012. Feedback from our residents has been extremely positive, and has helped us fine-tune things continuously over the years.

You can learn all about our curriculum offerings online, in our brochure, and by speaking with our faculty and residents. But I am sure you are most interested in what is happening in this, the most irregular of years.

The truth is, I cannot accurately inform you. Events are so fluid that it is not possible to speak about the near future with any degree of certainty.

What I can say is that I know our faculty, administrative staff, and program leadership have all displayed their responsiveness, dedication, and resourcefulness in the myriad adjustments made since the pandemic started. These are traits Queen's Family Medicine is known for.

We continue to put resident wellness and safety at the forefront of all our decisions, and have been

staunch advocates in supporting, protecting, and adapting our learning opportunities across all sites.

We are proud to see many QBOL graduates are now colleagues practising in the area. Many have also started teaching and some have already stepped forward to take on leadership roles here. These are great indicators of the positive experiences they had while training at QBOL.

This area also has something for most everyone in terms of lifestyle, as big city and cottage country are within an hour's drive.

Please do take every opportunity to learn about each of our sites. They are all excellent.

Whatever path you take to complete your family medicine training, the coming year is sure to be very memorable, sprinkled with a healthy dose of the unexpected.

I hope you will consider joining us here at Queen's, and at QBOL specifically, to let us help you along that path.

Keep safe but also keep engaged. We got this.

Dr. Wei-Hsi Pang

Bowmanville-Oshawa-Lakeridge Site Director

Just a few words...



QBOL offers an amazing balance of exceptional teaching, family medicine-oriented training, and resident wellness. On top of this, the close-knit community residents form is the cherry on top of an already amazing program!"

Dr. Gordon Yao, QBOL PGY1

"... an incredible residency experience with a huge diversity in practice. There are many opportunities to engage in all facets of family medicine. You will frequently (encounter) opportunities for continuity of care by meeting the same patients in multiple settings, thereby experiencing the true beauty of family medicine.

Dr. Jocelyn Stewart, QBOL PGY2

"I love QBOL because it has given me broad exposure to community family medicine with exposure to all stages of life and enough flexibility to best mimic my dream practice. My supervisor gave me enough independence for me to learn how to practise on my own but was always available, making me and our patients feel safe. Between my preceptor, and our amazing program director and administrator, I am having my dream residency.

Dr. Mendy Loewenthal, QBOL PGY2

"QBOL is a hidden gem of a training site! As a recent grad, I landed my dream job thanks to my time at QBOL — all because of the amazing, supportive preceptors I had and the unique flexibility of the program, which allowed me to truly tailor my schedule to my clinical interests."

Dr. Vance Tran, QBOL graduate

Bowmanville-Oshawa-Lakeridge



QBOL residents visited Haute Goat Farm in Port Hope for a fun, team-building day in September 2020. PGY1 resident Dr. Hossai Furmli pictured here.

“Never have I felt so at home and cared for during my medical training as I have as part of the QBOL program.” *Dr. Hossai Furmli, QBOL PGY1*

“QBOL has allowed me to explore the full breadth of family medicine through rich and diverse experiences in communities across Durham and the GTA, ranging from urgent care to memory clinics, to caring for refugees, and doing coroner calls. I’ve felt so incredibly supported amongst the brilliant and tight-knit group of residents, recent grads, preceptors, and staff, and know these will be lifelong friends and mentors.”

Dr. Kate Gong, QBOL graduate

“I love that QBOL was set up to address the academic day topics in the first year, so the residents are ready for exam prep and electives in their second year. The ongoing horizontal family medicine experience models real family practice, where learning outside of family medicine is constantly brought back to the family practice. And our electives and selectives and totality of experiences mean each resident can tailor their time with us to meet their educational needs and future practice plans.”

Dr. Aubrey Kassirer, Assistant Professor

10 Reasons Residents Love our QBOL Site

1. Small program with incredible flexibility to select educational experiences that align with clinical interests.
2. Close-knit community of residents.
3. Excellent new LHEARN simulation centre, library and resident lounge.
4. Almost always working one-on-one with staff.
5. Family medicine preceptors with a variety of clinical interests. Exposure to the breadth and scope of family medicine in both urban and rural communities.
6. Favourable education-to-service ratio and top-notch formal teaching, including academic seminars, journal clubs, nightmares course and problem-based learning groups for R1s and CCFP prep course for R2s.
7. Close proximity to Toronto.
8. Personal relationship with most of the preceptors, often leading to employment opportunities in the Durham area after residency. You feel like you are treated as colleagues, not residents.
9. Program is very committed to providing residents with the best education possible, is very responsive to feedback, and nearly all rotations are directly relevant to future practice.
10. The horizontal program allows residents to follow a large number of patients and to offer continuity of patients and continuity of care.

Learn more!

[Read our QBOL site brochure](#)

[Visit our website](#)

[Oshawa Visitors' Guide](#)

[Clarington Tourism](#)

[Discover Durham Region](#)



DEPARTMENT OF
FAMILY MEDICINE

Queen's University
Department of Family Medicine

115 Clarence St.
Kingston, ON K7L 5N6
613-533-9300, Ext. 73001

familymedicine.queensu.ca

[@queensufammed](https://twitter.com/queensufammed)



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We are Family Medicine. For Learners. For Patients. For Communities.